



ANSWER KEY: Other answers possible.

Be Heart Smart

Keeping My Heart Healthy

My pulse rate when sitting for one minute is _____ answers will vary_____.

My pulse rate after running in place for one minute is _____ answers will vary_____.

The difference between the two pulse rates is _____ answers will vary_____.

<u>Foods that are Heart Healthy:</u>	<u>Foods that should be limited:</u>
fruits vegetables cereal bread pasta low fat milk low fat cheese lean meat (fat trimmed off) margarine sherbert popcorn pretzels low fat yogurt baked snack chips	bacon fried chicken Lunchables French fries butter whole milk coconut high fat ice cream doughnuts high fat snack chips cream sauces cheesecake Cheetos
<u>Heart healthy exercises that you can do alone:</u> jumping jacks invent some dance moves jump rope run sprints adventure hike bike ride practice dribbling / shooting run though the sprinkler hopscotch skateboarding	<u>Heart healthy exercises that you can do with a partner or a group:</u> Frisbee tag hide and seek tennis soccer kickball basketball volleyball swimming dancing



Eat Smart Be Smart